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FOR IMMEDIATE RELEASE:

EMMETT PROMOTED AT EASTERN

John Emmett, son of Dr. John W. and Norda F. Emmett of Logan, Utah, has been promoted to associate professor in the Department of Physical Education at Eastern Illinois University in Charleston.

Eastern places priority on teaching excellence for a high quality student body in a residential setting and offers faculty a wide range of research and public service activities.

Emmett earned his bachelor's and master's degrees in physical education from Utah State University in 1984 and 1986, respectively. He earned his doctorate in exercise and sport science from Pennsylvania State University in 1991.

He has special interest in exercise physiology, and has done research on the cardiovascular and metabolic effects of upper body exercise.

He and his wife, Lesa, reside in Charleston. They have four children: Paige, 9; Ben, 6; Molly, 3; and Erin, 1.